

WARREN



"Jolly Rogers"

SENTINEL

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Volume 65, Issue 9

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March 3, 2006

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FISH FRY

Second Lt. Sheila Brown, (left) 90th Mission Support Squadron, and 1st Lt. Maura Sillas, 90th Space Wing Military Equal Opportunity, use a deep fryer outside Dorm Escape Saturday during the Company Grade Officer Council Fish Fry.

  
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# Commentary

## General reflects on service

**General Lance W. Lord**

*Commander, Air Force Space Command*

The last 37 years have come and gone in a flash. As Beccy and I depart for civilian life, we look back on our service with fond memories and enduring gratitude for the thousands of men and women with whom we have been privileged to serve. You, the men and women of our United States Air Force, form the foundation of everything we are — and at the core of that foundation are the values so vital to our success, “Integrity, Service and Excellence.”

These core values guide our path, no matter what unforeseen dangers lay ahead. During my brief service as an Airman, I have seen remarkable people living our values every day. Whether active duty, guard, reserve, civilian or contractor, we are grateful for your extraordinary commitment to defend the United States and protect the freedoms every American enjoys.

I write this letter not just to those currently serving, but also to all those who have gone before and on whose shoulders we now stand. Your dedication to excellence is what sets us apart. When I first raised my right hand, we stood toe-to-toe with a formidable adversary. We woke up each day not knowing what would be asked of us, but, none the less, determined to answer the call if needed. We delivered, and still are delivering Strategic Deterrence—that is, the “Silence” of Strategic Deterrence. The dedication to excellence of our ICBM Warriors has been, and always will be, the bedrock upon which this nation’s defense is built. Even in today’s uncertain environment, the defense of the homeland starts and ends with the men and women of 20th Air Force.

Equally determined are the more than 7,500 Space Warriors of 14th Air Force. While others struggle to transform modern battlefield operations, you have already done it. Working hand-in-hand with our professionals at the

Space and Missile Systems Center and the Space Innovation & Development Center, you have turned dreams into capabilities. Today, space combat effects are like the air we breathe. You don’t realize how important it is until it is taken away, then it’s all you want! The future prosperity of this nation will depend on your ability to further innovate and deliver world-class excellence.

I have seen the value of “Service Before Self,” exemplified on nearly every continent and in every time zone. We have been at war for the last 15 years with adversaries who do not merely wish to beat us, but strive to wipe every last one of us off the surface of this planet. Today, we face an enemy, that if unchecked, will reverse hundreds of years of progress. It is only your selfless service that prevents that from happening. Today and in the future, I will rest well knowing you are standing watch.

In all of my 37 years, dedication to service was never more evident than when I visited Walter Reed Army Medical Center. Before my first visit I was admittedly nervous. What are the right words to say to a Soldier, Sailor, Airman, Marine, or Coast Guardsman that has been forever changed by the horrors of war? I quickly realized I didn’t need to find the words be-

**Farewell, Page 3**

## Street Talk

*The Warren Sentinel asked Warren members, “What are you doing to prepare for the upcoming NSI?”*



“I am going over common job knowledge and practicing stuff on flight, doing anything and everything.”

**- Airman 1st Class Garrett Nale, 90th Missile Security Forces Squadron**



“I am ensuring all of our training products such as study packages and tests are supporting the crew force study plan.”

**- Capt. Carrie Kono-wicz, 90th Operations Support Squadron**



“I am reflecting on past mistakes during past inspections.”

**- Master Sgt. Warren Wellons, 90th Missile Security Forces Squadron**



“I am working on personal information files, accountability, updating our checklists and re-vamping almost all of our programs to make sure they run more smoothly.”

**- Senior Airman Mare-sol Leitch, 90th Mission Support Squadron**

## WARREN SENTINEL STAFF

**Col. Michael Carey**  
90th Space Wing Commander

**Capt. Warren Neary**  
Chief of Public Affairs  
**2nd Lt. Josh Edwards**  
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Superintendent of Public Affairs

**Senior Airman Lauren Hasinger**  
Editor  
**Airman 1st Class Tessa Cubbon**  
Staff writer

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**Classified ads** can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

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## Rosa Parks: A national hero

**Airman 1st Class  
Misty McDougal**  
*90th Security Support Squadron*

"I did not get on the bus to get arrested; I got on the bus to go home." These were the words of Rosa Parks shortly after she was arrested for refusing to give up her seat to a white man in Montgomery, Ala., in December of 1955.

During this time, segregation laws in Alabama were complex. African Americans were not even allowed to sit across the aisle from a white person. African Americans were required to pay the bus fare to the driver, get off and re-board through the back door. Still, sometimes the bus would leave before paid customers made it to the rear entrance. Even if an African American was seated and the white section was full, the African American was forced to give up his seat and move further back.

Though Mrs. Parks was not the first to be arrested for this "offense," she was one of the only "upstanding" candidates that could withstand the scrutiny of the press and courts. Mrs. Parks refusal on Dec. 1, 1955 led to the formation

of the Montgomery Improvement Association, led by the pastor of a local church, Dr. Martin Luther King Jr. The association started a boycott of the city owned bus company. The boycott lasted 382 days and shed light on individuals such as Dr. King and Mrs. Parks. Almost a year later, on Dec. 21, 1956, the Supreme Court ruled banning of segregation on city public transit vehicles.

Since her release, Mrs. Parks has helped fund many associations for young adults. Who would have thought such little exertion on her part would lead to a campaign for equal rights? Her efforts were one of the milestones that led to equal rights African Americans have today. She has received two major awards: The Presidential Medal of Freedom in 1996 and the Congressional Gold Medal in 1999.

Mrs. Parks died Oct. 24, 2005 at the age of 92 in her home in Detroit. Because of her efforts, the senate authorized Rosa Parks' body to be viewed at the Capitol Rotunda, a tribute usually reserved for presidents. She was the first woman in American history to be allowed this honor.



**TO ENLISTED MEN AND WOMEN OF AIR FORCE SPACE  
COMMAND,**

**BECCY AND I WOULD LIKE TO EXPRESS OUR SINCERE  
THANKS AND DEEPEST GRATITUDE FOR INDUCTING  
ME INTO AIR FORCE SPACE COMMAND'S ORDER OF  
THE SWORD. THIS CEREMONY STANDS OUT AS ONE  
OF THE FINEST MOMENTS IN MY 37-YEAR AIR FORCE  
CAREER. THIS PRESTIGIOUS HONOR, AND ALL IT  
REPRESENTS, IS ESPECIALLY MEANINGFUL SINCE IT  
CAME FROM YOU—THE AIRMEN OF THE GREATEST  
SPACE AND MISSILE FORCE IN THE WORLD!**

**SINCERELY,**

**LANCE W. LORD**  
**GENERAL, USAF**

## Farewell, From Page 2

cause those fine young Americans said it all. In the face of tremendous adversity and the reality of lifelong scars, they showed me what service is all about. Each one just as determined as the next to carry on and complete the mission.

Men and women of the United States Air Force and Air Force Space Command, you have taught me more than I could have ever imagined. Through it all you have set the standard for Integrity, Service and Excellence. It is your

commitment to these ideals that gives me the confidence we'll be successful as a Nation. From the Cold War to the Global War on Terror, we have faced adversity and uncertainty and risen to every challenge. I'm humbled to have been

able to serve beside you. Beccy and I can honestly say we didn't have a favorite assignment. We enjoyed every stop along the way because of the warriors we call Airmen. We consider it an honor to have been a part of your family —

part of the greatest space and missile force the world has ever known. We have been blessed. Our prayer is that God blesses each and every one of you, and may God continue to bless our Nation and the United States Air Force!

# Focusing on Tricare's eye, vision benefits

## A breakdown of what's available to servicemembers, retirees and families

**Mark Jecker**  
TriWest Healthcare Alliance

No matter how well servicemembers test on the annual eye exam, it's easy to be a little unclear about vision care, and reading every policy governing Tricare's eye and vision benefits can make a person cross-eyed.

But here's a looking glass into the policies that won't leave anyone red-eyed.

- Tricare Standard, Extra and Prime active-duty family members are eligible for one routine eye exam per year.

- Prescription eyeglasses or contact lenses are not a covered Tricare benefit, except under very limited cir-

cumstances, such as corneal lens removal or treatment of infantile glaucoma.

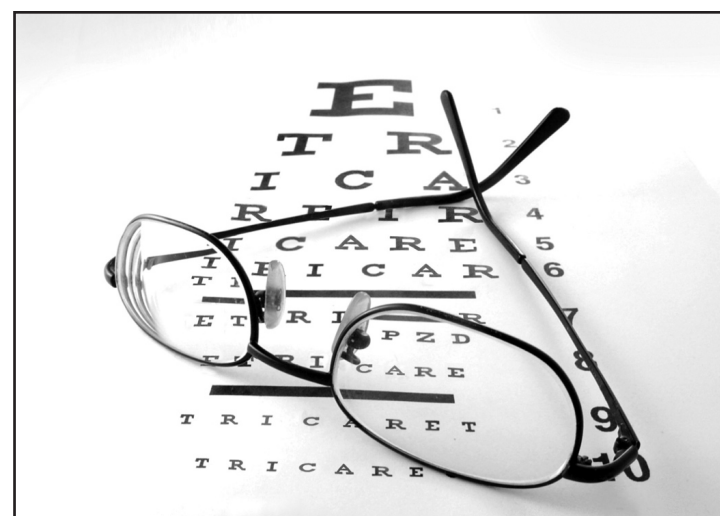
- All Prime enrollees are eligible for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment. Note: Eye examinations must be performed by a Tricare network optometrist or ophthalmologist to be covered. No referral is needed when seeking care from a Tricare network provider.

- Eye health of children up to age 6 is evaluated by their health care practitioners as part of the well-child benefit. The provider performs periodic eye and vision screen-

ings for the child. (Newborn screening is covered under the mother's maternity benefit.)

- Children between ages 3 and 6 are covered for two comprehensive eye examinations, which include screening for two common childhood disorders: amblyopia and strabismus (commonly referred to as "lazy eye").

- All Tricare-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a Tricare-covered illness or injury. All beneficiaries are also covered for screens for any pathology, including refractive error. Standard or Extra beneficia-



ries are responsible for the appropriate cost-share and deductible for these services. Those using Tricare Prime require a referral for medically necessary eye examinations.

- Retired service members and their families have no routine eye benefits under Tricare Standard or Extra.

- Diabetic Tricare beneficiaries of any age are encouraged to have an eye exam every year and are allowed an annual comprehensive eye examination.

Visit [www.triwest.com](http://www.triwest.com) or [www.tricare.osd.mil](http://www.tricare.osd.mil) or call 1-888-TRIWEST (1-800-874-9378) for more information.

## Pharmacy to get a new facelift

**Frank Neumann**  
90th Medical Group

The 90th Medical Group Pharmacy is scheduled to undergo a renovation beginning Monday.

The renovation will include relocating the existing waiting area from the main entryway and adding four new service windows. The entryway renovations will include removing the aging red ceramic tiles and replacing them with new, slip-resistant tiles.

As with all construction projects, there will be some disruption and temporary rerouting within the clinic. The renovations may also impact prescription filling times. Call the pharmacy refill line at 773-2330 in advance for all refills, to minimize potential waiting time and to avoid running out of medications.

This project will be completed in six

phases to minimize any inconvenience to patients. During phase one, the entryway flooring will be replaced at the west entrance, where flight medicine is located. In phases two and three, the main entryway flooring will be replaced and the pharmacy renovation will begin. During phases two and three, patients are advised to use the west entrance for the Personnel Reliability Program and flight medicine clinics. All others should use the east (dental) clinic entryway. Phases four and five will complete the pharmacy, and the east entryway will be replaced in phase six. Options are being reviewed to minimize the inconvenience to enter the dental clinic. Updates to the project will be posted in future issues of the Sentinel.

For more information, call the clinic facility management office at 773-2466.

## 90TH SPACE WING ANNUAL AWARD WINNERS

### Category I Civilian of the Year:

Robert Lewis, 90th Mission Support Group

### Category II Civilian of the Year:

Candace O'Malley, 90th Medical Group

### Category III Civilian of the Year:

Christine Lysinger, 90 MDG

### Honor Guard Member of the Year:

Senior Airman Alex Frizzo, 90th Maintenance Group

### Airman of the Year:

Airman 1st Class Jason Reatherford, 90th Security Forces Group

### NCO of the Year:

Staff Sgt. Emmanuel Huezo, 90 MDG

### SNCO of the Year:

Senior Master Sgt. Michael Lemke, 90 MSG

### First Sergeant of the Year:

Senior Master Sgt. Bertell Francois, 90 SFG

### CGO of the Year:

Capt. Ryan Campbell, 90th Space Wing

## MAD CREW

Scholarship Program

Open to senior airmen and below.

Applications available at the education center or at any MAD Crew meeting beginning in February.



Help keeping both stacks in check!



For more information contact  
Senior Airman Monica Wong at [monica.wong@warren.af.mil](mailto:monica.wong@warren.af.mil).

Briefs

Cell phone driving ban

Cell phone use while driving on base, and to persons driving a government vehicle off base, is now prohibited. The exceptions to this rule are if the vehicle is safely parked or the driver is using a hands-free device. This offense may affect base driving privileges for both military and civilians, as each violation will result in the loss of three points. An individual who loses 12 points will have their driving privileges suspended for a minimum of six months. Civilians will be fined \$50 plus a \$25 processing fee.

Special duty brief

Interested in becoming a Recruiter or a Military Training Instructor? The Air Education and Training Command team will host a special duty assignment briefing from 8:45 to 10:45 a.m. March 7 at the Pronghorn Center. Airmen first class with at least 24 months time in service through master sergeants with less than 17 years total active service are invited to attend. Spouses of potential applicants are also invited.

The team can expedite the processing of an applicant's special duty application if they bring the completed application with them to the briefing. To obtain a copy of the AETC special duty application, contact the Wing Career Advisor, Senior Master Sgt. Yvonne Miller at 773-6668 or 773-6048.

Correction

In the Order of the Sword article, published Feb. 24, General Lord was misquoted. The quote should have indicated that the general's first duty assignment was Grand Forks, N.D.

Facility Managers needed

The 90th Operations Group is seeking mission focused personnel with drive and self-initiative in the grades of staff to technical sergeant to serve as Missile Facility Managers, AFSC 8S000. Facility Managers are responsible for multimillion-dollar facility maintenance as well as the conduct of at least seven personnel on a daily basis.

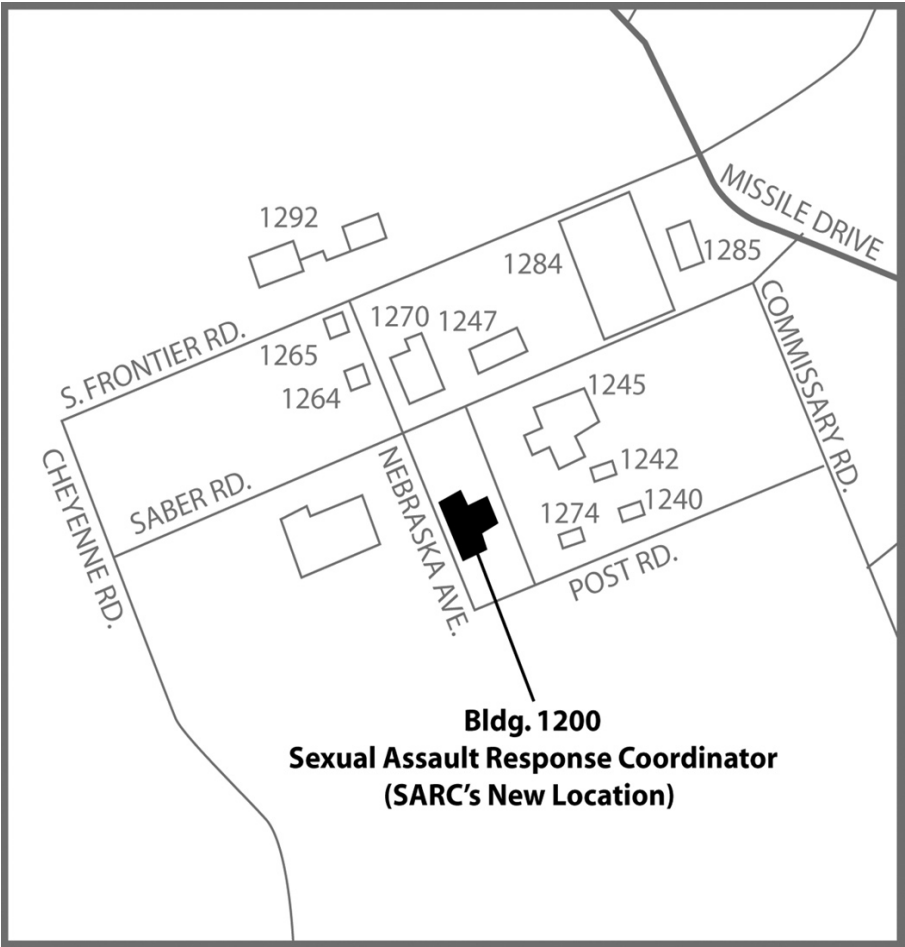
To find out more about this special-duty, controlled tour assignment, contact Master Sgt. Michael Whittaker at 773-4210.



Photo by Capt. Warren Neary

PATRIOT'S DONATION

Manny Gonzalez and his wife Neina present Col. Michael Carey, Commander, 90th Space Wing with a check for \$250 at the Military Affairs Committee luncheon Feb. 17. The donation, from Patriot's Percs Espresso, a drive-through espresso shop, went to the Armed Forces Relief Trust. Mr. and Mrs. Gonzalez both serve in the Navy.



Graphic by Matt Cox

The new temporary office of the 90th Space Wing Sexual Assault Response Coordinator is Building 1200, Room 116. For any questions, contact Capt. Ezra McSharry at 773-3483.

NSI TIP: PRP

FDA approved over-the-counter medications and commercially available substances, to include herbal and nutritional supplements, may generally be used by personnel on the Personnel Reliability Program without competent medical authority approval, provided the product is used in accordance with manufacturers' directions for its intended use. PRP personnel are required to consult with the CMA whenever the member is within 12 hours of reporting to PRP duties and will be using the product for the very first time; or the member has questions about a product's use or potential side effects; or the member experiences adverse reactions which may affect the member's ability to perform duties. Personnel assigned to space and missile operations crew duty must follow the requirements in AFI 48-123 for self medicating.

For more information, call 2nd Lt. Victoria Haymond, Officer in Charge, Warren PRP at 773-3490.



Photo by Airman Brandy Holcepl

## A NIGHT AT THE OPERA

Leslie Remmert Soich, Adam Sattely and Jonathan Morales perform during the show "Great American Voices: Unforgettable Melodies from Opera to Broadway" Feb. 23 at the Trail's End Club. The three vocalists are members of Opera Colorado. They performed songs from "La Boheme," "Don Giovanni," "Carmen" and "West Side Story" to name a few.

# 4 stars, 37 years and one very long shadow

## General Lance W. Lord shares a legacy of space

**Tech. Sgt. Kate Rust**  
*Air Force Space Command Public Affairs*

**PETERSON AIR FORCE BASE, Colo.**—The man who stands at the helm of Air Force Space Command has presence. He speaks quietly, with an enormous reservoir of information and experience behind him. His office door is almost always open, and as one enters, it's apparent from his photos and memorabilia, the pride of this man lay in the professionalism of the command's people and the importance of its mission.

General Lance W. Lord officially retires April 1 (with the retirement ceremony today), ending a 37-year Air Force career that culminated in his command of AFSPC from April 2002 to April 2006. He is currently the longest-serving Air Force four-star general officer on active duty and the only career space and missile officer to hold the position of AFSPC Commander.

The general started in the missile and space arena during President Lyndon B. Johnson's administration, a time when nuclear deterrence and the Cold War were prevalent in American minds. His assignments as a Minuteman II combat crewmember, missile operations staff officer and several missile and space wing command positions gave him a solid footing in the intercontinental ballistic missile arena and for assuming command of AFSPC.

As a seasoned commander, he has had his share of challenges, but said one of the biggest facing the Air Force today is reshaping the force.

"When I was commissioned, there were almost a million people on active duty [in the Air Force]," said General Lord. "As we round the corner of 2006 and beyond with force shaping, we're going to be down below 350,000—about a third of the size of what it was then.

"But I tell you we're lighter, leaner, more lethal and more capable than we ever were," he said. "Our young people are just better educated and better prepared. We've got some of the best Airmen, non-commissioned and commissioned

officers and civilians I have ever seen. The quality of the people is far beyond anything we had then."

His enlisted corps thinks highly of him as well—they honored him in February by inducting him into the command's Order of the Sword, naming him a "leader among leaders."

The Air Force has made several force changes over the past few years with an NCO retraining program affecting enlisted people and the more recent force shaping, which affects many of the Air Force's newest officers.

"We have a new goal, and that's to trim about 40,000 people from the force," said the general. "We also have to win the war on terrorism by using the right people in the right place at the right time, along with recapitalizing the force.

"So we're going to have to make some tough choices, balance the force and take care of business," he said. "The challenges are there, but I think the reward will be a more capable and tremendous force for the future. I think the best days of the Air Force are ahead of us."

And people have been a key ingredient to General Lord's vision for the future. In 2002, he set out on a lofty cause. Under the recommendations of the 2001 Space Commission, headed by Secretary of Defense Donald Rumsfeld prior to his appointment as secretary, AFSPC initiated a space professional development strategy. "One of the major recommendations that came out of the Space Commission was that the Nation was not yet at the place it needed to be with its space professional cadre," said General Lord.

Another area highlighted by the Space Commission was space acquisition.

"As a result of our look at space acquisition through its ups and downs, Lt. Gen. Mike Hamel and the great team at SMC are working hard to become the Department of Defense's model for acquisitions in 2006," said General Lord.

"We've gone through a period of tough times for acquisitions of space systems" he said, "but I think we've devoted the right kind of talent and the right person-



Photo by Bernie Ernst

**General Lance W. Lord, Commander of Air Force Space Command, answers questions during his commander's call here in February. The general's retirement ceremony is today, with his official retirement date April 1, bringing to end his 37 year Air Force career.**

alities to educate them and make sure we are getting our systems on time and at cost."

The general believes AFSPC has made tremendous strides in space professional development.

"We've been working hard exporting it to the other military services, industry civilians, and of course, our partners at NASA and other places," he said. "We're all interdependent; nobody goes about this business all alone. But we still have a lot of work to do. We're going to continue to focus on the education process and build our skills and abilities."

The command's space professional development strategy has since been approved by the Secretary of the Air Force. It's also been reviewed by the General Accounting Office, due to Congressional interest, he said.

General Lord is credited with putting space professional development into motion with initiatives and institutions such as the National Security Space Institute and the new High Frontier Adventures program.

General Lord recently taught a class about space, neatly folding his six-foot, four-inch frame to sit cross-legged and eye-to-eye with fascinated sixth-grade students at Discovery Canyon School in Colorado Springs, Colo., officially launching the High Frontier Adventures program.

"We've spent a lot of time over the past four years developing our strategy and educating our people," said General Lord. "High Frontier Adventures is an offshoot of that, beginning at the very grassroots level to help inspire and motivate young people regarding space, thereby cultivating an interest in science and mathematics.

"This will help us work on a national issue very much on the mind of our President," he said. "We need to get more people in our country interested in science and mathematics, so we can continue to maintain our technological edge and our lead in the space business. Here at Air Force Space Command, we are delighted to be a part of

## Legacy, From Page 12

that and help in any way we can.”

The general said he's asked members of AFSPC, as a part of their continuing space professional education, to spend at least four hours every year doing some kind of activity to support High Frontier Adventures that encourages learning in math and science. It can be as simple as talking to elementary, junior high or high school students or other youth groups.

“I know there are many people in the command who are already doing those kinds of things, and I really appreciate it,” said General Lord. “This will give them a framework along with our support. The Space Foundation, the Aerospace Education Foundation, the Air Force Association and other groups are going to help us with resources to get the message out to our young people.”

Along with developing a space culture, General Lord has always been concerned that every Airman understands his or her role in the bigger scheme from a security forces lieutenant protecting the nation's missile force to an airman basic cooking breakfast at a dining facility.

When asked how Air Force Space Command contributes to supporting the warfighter and the Global War on Terrorism, the general responded, “First, AFSPC has an intense, personal commitment to the Global War on Terrorism. We have a thousand people deployed to many parts of the world supporting the Nation's objectives. But you don't have to be deployed to be employed. AFSPC has people supporting the mission from home stations, such as our launch and missile warning squadrons.”

“Second, the commander of Joint Space Operations [and 14th Air Force], Maj. Gen. William Shelton and his team, headquartered at Vandenberg AFB, Calif., are continuously providing space capabilities—not only to the War on Terrorism, but to warfighters in every theater around the world,” said General Lord.

“Fourteenth Air Force provides position, navigation and timing through the Global Positioning System for precision strike capabilities,” he said. “They're providing communications connectivity capabilities so troops on the ground can talk and be connected to each other, get messages from

higher headquarters and conduct their operations. They're providing the platforms for intelligence, surveillance and reconnaissance, which are all critical to the prosecution of day-to-day combat.”

“Lastly, and probably most importantly—we have a whole set of people who are deployed day in and day out supporting the intercontinental ballistic missile mission and the nuclear deterrence mission—the fundamental underpinning of our military strategy and military capability. We see the threat of the use of nuclear weapons of mass destruction against the United States being deterred by a team of tremendously professional people,” said the general.

“We rely on Col. Larry Chodzko and the folks at the Space Innovation and Development Center to not only certify all these systems, but to also deliver the unique tactics, techniques and procedures to get the job done.”

With his immense commitment to the mission and the people of Air Force Space Command, one might assume it will be difficult for General Lord to face stepping away from the helm.

“It'll be a change,” he said. “I

am not afraid or worried about it—I'm excited about the opportunities. I also look forward to enjoying some time with my wife, Beccy, and our family.”

“I still have a lot to offer, and I look forward to serving in another capacity,” he said.

But he will maintain a keen interest in all things space.

“General [Bennie] Schriever said to me in our last meeting before he passed away in June,” said General Lord. “Keep pushing ahead! Don't stop now! It's good advice, and I would echo that.” The late General Schriever was a space pioneer considered the father of our Air Force space and missile program.

Long after the ceremony and the final photo is packed away, General Lord's personal legacy will also be an important part of Air Force history.

“I really believe that if you're not in space, you're not in the race,” he said. “As a nation, if we don't think about where we are and where we are going, we're going to be in second place—and we don't want to be in second place. There's just too much at stake.”

# Women's History Month Luncheon



presenting

*Calamity Jane*

portrayed by

*Norma Slack*

**7 March 2006  
11:30 am  
Trail's End Club**

Menu choices are:

*Marinated Chicken Breast  
or Chef Salad  
(both are the same cost)*

Tickets

Members \$9.20

Non-Members \$10.20

BUILDERS OF COMMUNITIES AND DREAMS

“Presentation of the 2005 F. E. Warren AFB  
Federal Women of the Year Awards”

**GROUP  
POCs**

90 MXG  
90 MDG  
90 MSG  
90 SFG  
90 OG  
90 SW

ILt Naomi Weaver, x2358  
TSgt Samantha Perez, x3733  
MSgt Jo VanStockum, x2368  
SrA Nakoma Pratt, x5479  
MSgt Michael Whittaker, x4210  
MSgt Robert Hughes, x2256



Photo by Maj. Eric Elliott

## HEADS UP

**BAGRAM AIR BASE, Afghanistan**—Airman 1st Class Jorge Caballeromelchor, 455th Expeditionary Mission Support Squadron, prepares to catch a bag of dirty laundry here recently. Every week the services flight processes more than 1,000 bags of laundry for Airmen deployed. He is deployed from Warren where he is a member of the 90th Services Squadron.

# Program speeds up complaint processes

## CORE program process focuses on cutting Equal Employment Opportunity's case-processing time

**WASHINGTON** - Air Force officials here recently extended an Equal Employment Opportunity pilot program from 31 test bases to all installations worldwide.

The program, called the Compressed Orderly Rapid Equitable process, or CORE, focuses on cutting EEO's case-processing time. In conjunction with the General Accounting Office, Air Force officials are also evaluating the results of the test's first nine months.

"The initial indications are that the program is working as designed," said Rita Looney, Air Force Civilian Appellate Review Office director.

Under federal law, it is government policy to provide equal opportunity in federal employment for all people, and to prohibit discrimination in employment because of race, color, religion, sex, age, disability or national origin. The EEO office works to ensure that law is followed, and to resolve problems or complaints within the system.

A congressional mandate established the pilot program to develop and test alternate EEO complaint processes. The Department of Defense approved the Air Force as one of three agencies to conduct the tests, along with the Defense Logistics Agency and the Defense

Commissary Agency.

CORE stresses the use of alternated dispute resolution, or ADR, early in the complaint process. ADR is a tool for resolution of disputes through means other than a trial. However, if ADR is not used or is unsuccessful, the CORE process combines the two time-consuming steps of the original EEO process into one-step that is shorter and less formal.

That new step is called a CORE fact-finding conference, or CFFC. CORE cases have only 127 days for a resolution, as opposed to the more than 360 days allowed for cases through current EEO processes.

As of Nov. 20, 86 complainants have chosen the CORE process. When compared to cases closed in fiscal 2005 using the original EEO process, CORE cases on average saved the following number of pro-

cessing days: closed by settlement - 160 days; decisions not involving an EEOC administrative judge - 253 days; CFFC versus EEOC administrative judge or hearing - 422 days.

"The compression and tightened timeline benefits the member and the Air Force," Ms. Looney said. "It takes less time to come to closure on complaints, allowing the employee, the management officials and the Air Force to get back to performing other aspects of its mission, and supporting the warfighters."

The CORE program will run for another year, and may be extended for an additional year. Employees interested in the streamlined EEO process should call their base EEO office to determine if their informal complaint is eligible and to get more information as to how CORE works.

# Rent matters

## Tips from finding a place to live to moving out

90th Space Wing Legal Office

Moving off-base? Lease about to expire? New to the area? When looking for rental housing around Cheyenne, there are a few things to keep in mind. These tips could save money and headaches.

**Selecting a place to live:** It may be helpful to make a list of things to ask landlords or realtors when looking for a place to live. For example, which utilities does the landlord pay and which will the tenant be responsible for? If it's the tenants responsibility to pay a specific utility, ask for a copy of the prior tenant's monthly bills so you can estimate what your expenses will be. This also gives you an opportunity to talk with the current tenant about their experiences with the landlord and the home, such as whether there have been a lot of repairs and how prompt the landlord is in responding.

Before signing a lease, inspect the apartment or house. Presumably future tenants have already seen it at least once, but this time take a detailed walk-through, making a list of any damage or repairs needed before moving into the house or apartment. Take pictures or make a video of existing damage, too, to avoid being charged for it

**IF THE TENANT HASN'T READ [THE LEASE], HE MAY BE SHOCKED LATER WHEN THE LANDLORD INCREASES HIS RENT OR DEMANDS PAYMENT FOR MAINTENANCE COSTS.**

**- 90th Space Wing Legal Office**

when moving out.

**Signing the lease:** The most important thing is to read the lease before signing it. The lease sets up a legal relationship with the landlord. If the tenant hasn't read it, he may be shocked later when the landlord increases his rent or demands payment for maintenance costs. Don't be in a hurry to sign the lease. The 90th Space Wing Legal Office will look over leases before they are signed.

Some leases are pre-printed. Don't give into a provision just because it's pre-printed in the lease. The tenant and the landlord can agree to virtually anything as part of the lease. Consider the landlord's preprinted lease as his starting point, but don't hesitate to disagree with what he's offering.

The tenant can also make an oral or verbal lease. This is not a good

idea. An oral lease is just as binding as a written lease, but it'll be hard to prove the landlord agreed to put in a hot tub three months into the lease.

**Moving out:** When it's time to move out and find a new home, the lease takes on added importance. The lease controls when the tenant can move out, what costs he will have to pay when he moves, and what sort of notice he'll have to give the landlord. For instance, the lease may require that the tenant has the home cleaned or that he makes certain repairs before moving. Just as when moving into the home, do a walk through with the landlord so the tenant and landlord can both determine whether repairs are needed and who will pay for them.

It is very important that the lease have a military clause. This clause allows the military member

to terminate the lease if he PCSs, deploys for an extended period or is ordered into base housing, without having to pay the normal costs associated with breaking a lease. The tenant may still have to provide 30 days notice, but without this clause, he could be stuck with a lot of extra bills.

Speaking of money, Wyoming law requires the landlord to return the security deposit and the balance of any prepaid rent within 30 days of the lease termination, or within 15 days after giving the landlord a new mailing address. If the landlord finds damage in the unit, he can take an additional 30 days to return the deposit. The tenant has 30 days to give a new mailing address to the landlord.

Servicemembers Civil Relief Act. SCRA gives military members certain rights and protections regarding leases. If the tenant deploys for 90 days or more, or PCSs, SCRA allows him to terminate the lease, much like a military clause. SCRA also protects the tenant from being evicted under certain circumstances if military service has materially affected the tenants ability to pay rent.

For more information about leases or SCRA, contact the legal office at 773-2256.

# 90 OG beats 90 MOS to become champions

**Tech. Sgt. Steven Goetsch**  
90th Space Wing  
Public Affairs

The 90th Operations Group defeated the 90th Maintenance Operation Squadron 66 to 61, to claim the base intramural basketball championship Feb. 24 at Freedom Hall.

The evening started earlier for the MOS team as they had to beat the 790th Missile Security Forces Squadron in the semifinals before earning a trip to the championship.

MOS was down for the majority of the half, but after an officials timeout with five minutes remaining in the half, they came out firing. They managed to turn an eight point deficit into a three point advantage.

Trying to hang onto that slim margin, player/coach Staff Sgt. David Rivera, 90th Medical Support Squadron, called a timeout to give them one last bit of advice. "The only way we can break their zone is with the pass" he said.

That seemed to work as

they forced the 790 MSFS into multiple foul situations.

They had two opportunities at the charity stripe to put the game away but failed to convert. With the last foul coming with 2.4 seconds on the clock, Staff Sgt. Howard Walker, 90th Missile Maintenance Squadron, missed both free throws to leave the score at 48 to 48 and forcing a three minute overtime period.

MOS hung on to win the semifinal by a score of 57 to 51.

That set the stage for the final as the 90 OG team, who also won their division, took the court. After a fifteen minute break, the game got underway with the 90 OG coming out slow. Possibly because they stopped their warm-up to watch the overtime period.

After some aggressive play from the 90 MOS team, it didn't take long for 90 OG to get into a groove. They pushed their lead to as much as 17 points before the half. That was partly due to the strong rebounding of 1st Lt.

Burdette Millen, 319th Missile Squadron. When it came to the paint, 90 MOS didn't have an answer. 90 OG led at the half, 29 to 17.

"It was a war in the paint, and sometimes you have to sacrifice your body, even if that means getting knocked around a bit," said Lieutenant Millen. "Throughout the season as well as the playoffs, that was our biggest advantage over other teams. They simply could not match up with us."

MOS mounted an attack in the second half refusing to throw in the towel but for everything they threw at them, 90 OG had an answer. Even when three-pointers were raining down from Sergeant Rivera, 1st Lt. Wes Hebert, 90 OG, answered with some of his own.

Fatigue really started to show late in the second half as the 90 MOS team started to miss shots and commit a large number of fouls including one on a driving Lieutenant Millen which put him on the floor and the OG fans yelling for a technical. The technical didn't come, but Lieutenant Millen converted on both free throws.

The MOS team hung around like a fly at a picnic, partially due to the strong play of Senior Airman Michael Green, 90th Missile Operations Squadron.



Photos by Tech. Sgt. Steven Goetsch

**Airman Joshua Ingram, 790th Missile Security Forces Squadron, rises high above the defense, during their semifinal intramural game at Freedom Hall**

Airman Green forced the ball down the court and created opportunities for some high-percentage shots.

90 OG was the opposite as they showed patience and worked the ball to their size mismatches down low. After

pushing ahead in the final two minutes, it forced 90 MOS into a must-foul situation. The 90 OG players once again countered by hitting 10 of their last 12 free throws which sealed the game and the championship 66 to 61.



**Staff Sgt. Howard Walker, 90th Missile Maintenance Squadron, tries to pass out of trouble before the 790th Missile Security Forces Squadron defense clamps down on him Feb. 24 at Freedom Hall.**



**Staff Sgt. David Rivera, 90th Medical Support Squadron, enjoys a laugh for coming up empty-handed after going for a loose ball during their semifinal game at Freedom Hall Feb. 24.**

# Idaho native and sports fan finds place in 90 SVS

Airman says work ethic and demanding excellence are responsible for success

*Airman Michael Lockart, 90th Services Squadron, sat down with Airman Brandy Holcepl, 90th Space Wing Public Affairs, to talk about work, hobbies and his motivation to go above and beyond.*

**Where are you from?**  
I am from north central Idaho, in a town called Kamiah.

**What is one of your favorite memories from home?**  
Going fishing all the time.

**What kinds of activities did you do in high school?**  
I played football, I was on the wrestling team and I was on the track team.

**Did you win any awards in high school?**  
I won two state titles in football. I won second in the state for wrestling and I won four state titles in track. I got letters in all three.

**What kinds of things do you like to do in your spare time?**  
I like to run and fish.

**What kind of fishing do you like to do?**  
Just regular fishing, I have only been able to go once since I got here though.

**How often do you run?**  
I run three times a week. I run at least a mile each time.

**Did you go to college before you came into the military?**  
I went to college for a year at the University of Idaho.

**When did you join the Air Force?**  
I joined in July of 2005.

**Why did you join?**  
For college benefits.

**What would you like to study in college?**  
Conservation biology because I like to be outdoors. It's a fishing and game type of job.

**What did you do before you came into the military?**  
I worked in a lumber mill.

**What did you do at the lumber mill?**  
I "pulled chain," which means after the wood was cut I stacked the wood into units.

**What do you do in services?**  
I work at the fitness center. I dust-mop the basketball and racquetball courts, I pick up the weights and I clean the equipment.

**Do you like your job?**  
Yes, because I get to see a lot of people everyday.

**Do you do any volunteer work?**  
I have only been here for four months so I haven't really had the chance yet but I would like to get involved in the youth program so I can teach children how to play sports.

**What is the most important thing you have learned being in the military?**  
Do what you are supposed to do and the core values.

**Which core value means the most to you and why?**  
Excellence, because I expect excellence of myself.

**How did it feel to be coined by your first shirt?**



Airman Michael Lockart, 90th Services Squadron, cleans a mirror at Freedom Hall Feb. 24. He was recently coined by his first sergeant for going above and beyond his normal duties.

**It felt great.**  
**Why do you think you got coined?**  
Because of the work I am doing and my work ethic on the job and with my CDC's.

**What motivates you to go above and beyond?**  
I am the youngest of four brothers and we were all very competitive. My brothers were all in sports as well, they all did football, wrestling and baseball.



## Bowl for free

Pick up an all new Xtreme Bowling Punch-card at Warren Lanes, and earn a punch for each hour of Xtreme Bowling. Collect 10 punches and receive a free hour of bowling.

For more information, call Warren Lanes at 773-2210.

## Pavilion rental

Looking for a venue in which to hold a rehearsal dinner, wedding reception, family reunion, retirement party, going away party or any other event that requires a casual environment? The base pavilion is available for rent and is suitable for use in any type of weather. The cost is \$35 per day. Make reservations at outdoor recreation.

For more information, call 773-2988.

## Group fitness class

Free group fitness classes are offered at Independence Hall. The classes are open to servicemembers, dependents, DoD civilians

and guests. The classes are 5:30 a.m. Mondays through Fridays, 11:15 a.m. Thursdays (yoga), noon Mondays, Tuesdays, Wednesdays and Fridays, 5 p.m. Mondays through Fridays, and 10 a.m. Saturdays. Class formats include step, power conditioning, power training, 3-2-1, Fire and Ice, kickboxing, PACE, total pump, TUFF, and yoga. (See posting on group fitness room door for explanations of class formats and current schedule). All classes are taught by certified instructors. Schedules may be subject to change without notice.

For more information, call 773-6172.

## Free spinning classes

Spinning classes are offered at Freedom Hall 5:30 a.m. Mondays, Wednesdays and Fridays, 5 p.m. Tuesdays and Thursdays, and 9 a.m. Saturdays. Schedules are posted near the front counter and may be subject to change without notice.

For more information, call 773-6172.

## Boxing team

The Warren Boxing Team is looking for boxers, coaches and anyone interested in a good workout. Practices are held 5:30 p.m. Mondays, Tuesdays and Thursdays at Fall Hall. All necessary equipment is provided; all participants need to bring are workout clothes, comfortable gym shoes and a good attitude. For more information, contact 1st Lt. Rodney Ellison at 773-4495.

## Golf memberships

The 2006 season opens April 1 at the Warren Golf Club. Join before then and receive a 10 percent Pro Shop value discount card. The golf course offers a complete lesson program and active event schedule.

For more information, call 773-3556.

## Rubyjuice special

Save \$1 on any wrap and smoothie combo at

Rubyjuice located in Freedom Hall. Rubyjuice is open 7 to 9 a.m. and 11 a.m. to 6 p.m. Mondays through Fridays.

For more information, call 773-6171.

## Water aerobics class

Water aerobics, a low impact cardio workout, is offered 5:30 to 6:30 p.m. Tuesdays and Thursdays for \$3 a session or purchase a \$30 punch card for 15 sessions. The first class is free.

For more information, call the aquatic center at 773-3195.

## Breakfast at the golf course

The Warren Golf Course is now offering breakfast Mondays through Fridays from 6:30 to 8:30 a.m.

For more information, call 773-3556.

## Massage at the aquatic center

The aquatic center offers massages for \$45 per hour and \$25 per half hour.

For more information or

to make an appointment, call 773-3195.

## Red Cross swim lessons

Red Cross swim lessons are scheduled every Tuesday and Thursday from 4:30 to 5:30 p.m. for levels 1 to 4. The cost is \$26 per child.

For more information, call 773-3195.

## Burger Meal Deal day

Lunch at Warren Lanes every Monday is \$5. Get a choice of burger, fries or chips and a fountain soda with one refill.

## Free lunchtime bowling

Bowl two free games, shoes included, 11 a.m. to 1 p.m. weekdays when \$5 is spent at the snack bar.

## Zee's Barber Shop

Zee's Barber Shop, located in the Trial's End Club, is now open 8 a.m. to 4 p.m. weekdays. Haircuts are \$7.40 (club members receive a \$1 discount). Walk-ins are welcome. Appointments can be made by calling 635-5378.

# St. Patrick's Day Celebration

## A Pot of Gold Awaits You!\*

**Come join the 90th Space  
Wing Chapel  
for a good, old-fashioned  
St. Patrick's Day  
Celebration**

**Call Pat Vaughn  
at 307-773-3434  
for more information.**

**MENU:**  
Corned Beef,  
cabbage  
and beverages  
provided.

**March 11, 2006  
6 p.m.  
Pronghorn Center**

**Please Bring:**  
A-H: Side Dish  
I-M: Bread/Salad  
M-S Vegetable  
T-Z: Dessert

## Education briefs

### **Squadron education briefings**

Representatives from the Warren Education Center are available to come to squadrons to provide information and handouts on the educational benefits and programs available at Warren. Education counselor and advisors are available to speak at commander's calls, staff meetings, or training sessions and would welcome the opportunity to provide this educational service. For more information, call the education center at 773-2117.

### **Attention American Military University students**

Richard McMullen, Education Coordinator for AMU, will be available from 10 a.m. to 2 p.m. March 15 and 29 to meet with students in Room 28 of the education center.

### **Commissioning workshop**

Are you active-duty enlisted and interested in becoming a commissioned officer? The Warren Education Center is presenting a commissioning workshop at 2 p.m. March 14 in the education center. Presentations include AFROTC programs (AECF, ASCP, SOAR, and POC-ERP), OTS and the Air Force Academy and prep school. For more information and to pre-register for the workshop, call the education center at 773-2117.

### **Attention Keesler bound students**

Students schedule for training at Keesler Air Force Base, Miss., with an approved training line number and orders should contact the following training squadron POC for billeting arrangements, Tyrena Rose, DSN 597-2932 or alternate POC Tracey Harris, DSN 597-1615. Billeting arrangements will not be made through Keesler lodging. Students will not be able to report to Keesler for training if they do not have a reservation secured via the training POC.

### **Attention University of Phoenix students**

A University of Phoenix representative is scheduled to be available from 1 to 3 p.m. Mondays in Room 28 of the education center.

## WARREN'S NEWEST NCOs AND SNCOs

### **Staff sergeants:**

Heather Campbell, 90th Services Squadron  
Daniel Dinardis, 90th Maintenance Operations Squadron  
Larry Doughty, 90th Missile Maintenance Squadron  
Charles Gagnon, 90th Missile Security Forces Squadron  
Kristian Kunkel, 90 MMXS  
Julio Marquez, 90 MSFS  
Gordon Mathis, 790th Missile Security Forces Squadron  
Ronald McLaughlin, 90 MMXS  
Amber Rose, 90 MMXS  
Nathaniel Santos, 90th Logistics Readiness Squadron  
Shaun Svetlecic, 790 MSFS  
Willie Ware, 90 MMXS  
Ryan Wisniowski, 90 MOS

### **Technical sergeants:**

Joshua Dunn, 90th Communications Squadron  
Jason Halvari, 90 MMXS  
Duane Riggs, 90th Civil Engineer Squadron  
Brian Vanhooose, 90 MSFS  
Danna Ward, 90th Security Support Squadron

### **Master sergeants:**

Jason Bruns, 20th Air Force  
Shawn Davis, 90th Mission Support Squadron  
John King III, 319th Missile Squadron